

CHHOTI CHHOTI BATEIN

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TODAY IS OURS

Today is born a brand new day,
The Bank of Time has loaned;
Which we can use for good or ill,
Then boasted of or mourned.
Today is here, with all its hours,
Yes, all the twenty-four;
Let's strive to use them better than
The hours of day before.

The dawn is bright, I'm full of hope,
I'm setting out to sow;
And when the sun has gone to rest,
The little seeds will grow.

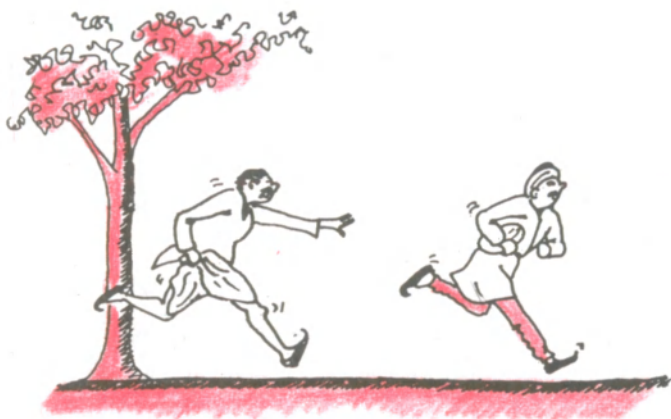
And growing up the plant will yield
Abundant fruit some day;
If only I take care of
The day that is TODAY.



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SOURCE OF HAPPINESS



One day Mulla Sahib, on his way to town, found a sad looking stranger under a tree. Mulla Sahib inquired: 'Why are you so sad? Did anyone dear to you die?'

'No one.'

'Then why this sadness?'

He replied, 'I have plenty of wealth. I have my wife, children and servants. But I have no happiness. I am out in search of happiness.'

Mulla then suddenly snatched the moneybag from the hands of the stranger and took to his heels. The stranger was completely taken aback. The bag contained his money for the journey. So the stranger pursued Mulla Sahib. When he was about to be overtaken, Mulla threw the bag at the stranger, who, on recovering the money, was exceedingly happy.

'And you say you are not happy!' the Mulla said. 'Ha!'



★ GRANDMA MOSES

If you think that you are too old and it's too late then here is a life to inspire you:

Ann Mary Moses left home at 13, bore 10 children and worked hard to raise the 5 who survived. Struggling to make a living on poor farms, she managed to provide a bit of beauty for herself by embroidering on canvas.

At 78, her fingers became too stiff to hold a needle. Rather than give in to debility, she went out to the barn and began to paint. On the panels she created scenes of country life in brilliant colours. Then she began to paint on Masonite panels. For the first two years she either gave them away or they were sold for a pittance. Then she was 'discovered' by the art world and the rest is history. She went on to produce more than 2,000 paintings, and a book of illustrations was completed in her 100th year!

If Grandma Moses could begin a career after 80, so can any one at any age. Believe in yourself.



COURAGE OF CONVICTION

In Champaran the laborers were suffering from many injustices and atrocities at the hands of the white planters. Gandhiji's interest and inquiry into the sad plight of these people gave them hope. Everybody except the white planters, were happy.

Someone reported to Gandhiji: 'The planter in this area is the worst of the lot. He is bent on finishing you off and has engaged several assassins.'

That night, Gandhiji went to the bungalow of that planter all alone and said: 'I hear that you have employed assassins to kill me. That is why I have come to your house alone and in secret.'

The planter was shaken! He stood there stunned and speechless.



A BEAUTIFUL PORTRAIT

Once someone introduced an artist to Lincoln. The former had painted his portrait. To the introduction was added the comment that the portrait was remarkably beautiful.

While cordially shaking hands with the painter, Lincoln said in a merry voice: 'I presume sir, while painting this beautiful portrait, you took the idea of me from my principles and not from my person!'

On another occasion, when Lincoln was not yet President of the United States, a friend taunted him: 'Your education doesn't seem to have been of help for you to earn a living.'

Lincoln, who was still studying at the time, replied: 'I am not educating myself to earn a living, I am trying to find out what to do with a living if I ever earn one!'

TAKING A BREAK



Being a working woman is tough, but holding a job and having children is even tougher.

There is a story of a mother with three active boys who were playing cops and robbers in the backyard after dinner one summer evening.

One of the boys 'shot' his mother and yelled, 'Bang, you're dead.' She slumped to the ground and when she did not get up right away, a neighbour ran over to see if she had been hurt in the fall.

When the neighbour bent over, the overworked mother opened one eye and said, 'Shhh. Don't give me away. It's the only chance I get to rest.'



Love is the emblem of eternity; it confounds all notion of time. (A. L. de Stael)

PROFILE

NEVER GIVE UP

Mel Fisher is known around the world as 'the king of the treasure hunters.' He is one of the most extraordinary men of our times, gentle, unassuming, lovable who spent the most part of his life looking for one single treasure and found it.

The Spanish galleon, 'The Atocha,' sunk in a storm over 350 years ago. It was a vessel worth hundreds of millions of dollars. It could have gone down anywhere over hundreds of square miles of the South Coast of Florida. He invested all he had on this quest, underwent untold hardships and even lost his own son and daughter-in-law. The sea claimed their lives.

With little boats and a crew he could only pay \$50 a week, he scoured the bottom of the ocean day after day, year after year. Then one day he found a silver bar that matched the bill of lading from the Atocha.

But articles appeared in the press, accusing them of fraud, as a ploy to attract naive investors. The IRS stepped in and ruled that any treasure found would belong to the Government. So he had to spend millions of dollars fighting the Government in court. It took him years. He went right up to the Supreme Court and won.

But the treasure still had to be found. He spent many more years and more millions (mostly borrowed), in seemingly fruitless search. Then, when he was over 60 years old, had spent over 12 million dollars and barely had enough

money to meet his payroll for two more weeks, his voice crackled over the radio from his little salvage boat.. 'We have found 'the Atocha'.

With it he recovered mountains of silver; and gold bars and precious jewels valued at over 400 million dollars. The greatest treasure hunt in history paid off with probably the greatest find in history.



A LITTLE HOLIDAY MAGIC

Meena was expected at her mother's for a family dinner. It was the festive season. As she still had some time on her hands, she decided to go and buy some gifts. She went to a department store. She took the lift from the fourth floor, down. There were three other people in the lift. One was a tall, handsome, well-dressed man and the other two were an elderly couple.

The elevator got stuck between the 2nd and the 3rd floor, there was a major breakdown. Apparently, a new part had to be installed. All this they learnt later on.

For half an hour they made small talk. Then the elderly couple sat on the floor and Meena and the stranger did likewise. The well-dressed man was Ashok. For one hour and a half they shared stories of their lives in an attempt to hide their anxiety and fear.

Meena was late for that family reunion. But a year later,

when she came to celebrate the occasion, Ashok was by her side. He was her husband. Such is destiny.



HANDY HINTS

1. SAMBHAR stays fresh longer when you add a few cloves to the 'dal' while cooking.
2. ADD three or four cloves to your sugar container to keep ants at bay.
3. AFTER ROASTING a brinjal for 'bharta', place it in a plate and cover it. Any raw portions will also get cooked.
4. SPINACH, CABBAGE and BROCCOLI retain their original colour when you dip them in ice-cold water as soon as you have boiled them.
5. DON'T THROW AWAY butter wrappers. You can use them for baking a cake.
6. KEEP DOSAS FRESH by sprinkling a little water on them as soon as you remove them from the pan.
7. TO DE-WORM RAVA spread it on a thin 'mulmul' cloth and sieve it after half an hour. The worms will stick to the cloth.



'In Chhoti Chhoti Batein we found G.G.B.

"गहरी गहरी बातें" ("Gahri Gahri Batein")

- Dr. B.M. Raturi M.D. Jaipur

THE WISE WOMAN'S STONE

A wise woman who was travelling in the mountains found a precious stone in a stream. The next day she met another traveller, who was hungry, and the wise woman opened her bag to share her food. The hungry traveller saw the precious stone in the wise woman's bag, admired it, and asked the wise woman to give it to him. The wise woman did so without hesitation.

The traveller left, rejoicing in his good fortune. He knew the jewel was worth enough to give him security for the rest of his life.

But a few days later he came back, searching for the wise woman. When he found her, he returned the stone and said, 'I have been thinking. I know how valuable this stone is, but I give it back to you in the hope that you can give me something much more precious. If you can, give me what you have within you that enabled you to give me that stone.'

The Best of Bits and Pieces



THE PSI PHENOMENON

Who is psychic? Till the age of 4, all the psychic faculties of a child are 'open'. Thereafter our ability diminishes as we grow into adulthood. Of course if the channels of your senses are open, even as adults, you will be receptive to paranormal phenomena.

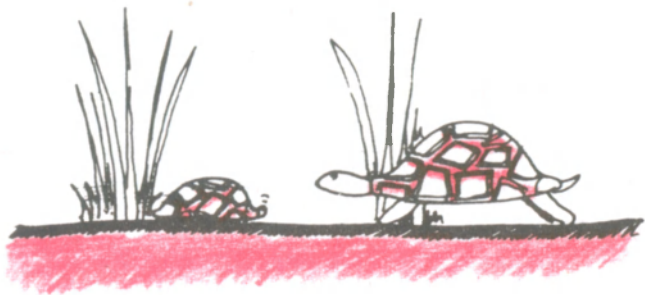
The psychological qualities necessary for creativity are the same, which permit the apparition of psychic phenomena: 1. Being open to one's emotions; 2. Being enthusiastic about new experiences; 3. Being in empathy with others; 4. Being tolerant; 5. Not being scared of one's imagination.



NATURAL CLEANING AGENTS

- Raw tomato juice removes most stains from clothes. Apply it liberally over the stained portion and leave it on for about an hour before washing as usual.
- Half an orange dipped in a mixture of salt and firewood ash and rubbed on brassware, leaves it sparkling clean.
- A little milk added to water in which silver items are washed, cleans and keeps them brighter.
- Lemon juice rubbed with a soft cloth on suitcases, not only cleans them, but makes them shine.
- Rubbing sinks and basins with cut lemon, gets rid of yellow marks caused by dripping taps.





Old turtle: Let me give you a piece of advice.

Young turtle: What is it?

Old turtle: If you want to make progress, stick your neck out.



Young hen: Listen to my advice.

Young hen: Yes?

Old hen: An egg a day keeps the axe away!



FOLLOW YOUR CAP

Frank O'Connor, the Irish writer, tells in one of his books how, as a boy, he and his friends would make their way across the countryside; and when they came to an orchard wall that seemed too high to climb, too doubtful to try, too difficult to permit their journey to continue, they would take off their caps and toss them over the wall – and then they had no choice but to follow them.

- J. F. Kennedy



KEEN OBSERVATION

Once Netaji Subash Chandra Bose (1897-1945) was travelling by train. Close to him was a man wearing a watch. Watches were rare at that time.

The watch happened to fall off the man's hand and out of the window. The man became very excited. Someone pulled the chain and the train stopped. There was much commotion and everybody seemed excited except Netaji.

His companion noticed this and asked him why he was so unconcerned.

Netaji said he was concerned. And while others were anxiously running about in search of the watch, he said, 'The watch fell off at the 111th post.' He got off the train, walked over to the spot and recovered the watch.



In an effort to accomplish our goals we are continually meeting people who may help or hinder us in the attainment of our aims. We must always try to have these people on our side and not against us. It depends upon us whether we gain their friendship or antagonise them. Every success is an indirect success, and the decisive factor of success is the ability to work successfully with other people.

(Gustav Grossmann)



Chhoti Chhoti Batein is an ideal birthday gift.

Circulate Chhoti Chhoti Batein to your family.

Specially to young members

IMAGES FOR COMMUNICATION

Painting and Drawing can reveal emotions and feelings that have been suppressed for years. This has nothing to do with art. It is about communication.

While traditionally used in therapy, it can be used by anybody to understand current problems. The secret is not to plan what you are going to paint or draw. And it is very important, not to be critical of your work.



HOW TO GO ABOUT IT:

- Relax and close your eyes. Think about your problem and let an image come to you.
- Paint or draw the image, in whatever form you find easiest to express.
- Look at your work, let it speak to you. Don't draw logical conclusions, see what feelings come up in you. Talk about them, write down what you feel. The message from the work may not be at the forefront of your mind, but a subconscious hope or fear.
- Take action – whether it is changing a negative behaviour pattern or coming to terms with something.



It is not work that kills men; it is worry. Work is healthy but worry is rust upon the blade. It is not the revolution that destroys machinery, it is the friction. (Beecher)



WHO IS BRAVE?

At the teacher's request, little Johnny gave this simple definition of bravery: 'Some boys are brave because they always play with little boys. Some are brave because their legs are too short to run away, but most boys are brave because someone is looking on.'



FOR THE MILLIONS

Seeing Gandhi dressed only in a loin cloth, a young boy asked him:

'Bapuji, why don't you have any clothes on?'

'I don't have any.'

'I shall give you a suit.'

'One is not enough.'

'Then I shall give you two or three.'

'Not enough. I need 40 crore.'

'Forty crore! Why so many?'

'Because in India there are that many people who haven't got clothes. They can't afford to buy them.'



To the woman who complained that riches hadn't made her happy, the master said: 'you speak as if luxury and comforts are ingredients of happiness; whereas all you need to be really happy, my dear, is something to be enthusiastic about.'



NEWS: TO LEAD A BETTER LIFE

HERBAL SUPPLEMENTS AND PRESCRIPTION DRUGS

Dietary Supplements have become readily available in grocery, drug and health food stores, but information about potential interactions isn't easy to come by for most customers. Nor has there been much research to alert doctors and consumers to any interactions involving the growing array of natural remedies. The following is a list of possible negative interactions of a few herbal supplements that people readily buy and use:

Experts on herbs warn against combining the following supplements:

Evening Primrose Oil: Use: To lower blood cholesterol.

Caution: May lower thresholds for seizure, so should not be combined with anti-convulsants or some medications such as Thorazine, prescribed for schizophrenia.

Garlic: Use: For cardiovascular benefits such as lowering cholesterol and BP.

Caution: Slows clotting by keeping blood platelets from clumping so should not be taken with anti-clotting drugs such as Coumadin or blood thinners such as aspirin, Plavix and Ticlid.

Ginger: Use: To prevent motion sickness and nausea, particularly for patients who are post-operative or receiving chemotherapy. Sometimes used to improve digestion.

Caution: Because it keeps blood platelets from sticking

together, ginger should not be taken with anti-clotting drugs such as Coumadin or blood-thinners such as aspirin, Plavix and Ticlid.

Ginkgo: Use: For memory enhancement as well as a painful condition stemming from poor circulation in the legs.

Caution: Because it interferes with blood platelets' clot-forming ability, use under supervision if taking anti-clotting drugs such as Coumadin or blood-thinners such as aspirin, Plavix and Ticlid. For related reasons, many experts recommend that Ginko not be combined with nonsteroidal anti-inflammatory drugs such as Advil, Motrin and Aleve.

Ginseng: Use: To increase energy and stamina.

Caution: May increase blood pressure and heart rate. May interfere with the action of anti-clotting drug Coumadin. It can increase blood-sugar, diabetics should use it only under medical supervision.



ATTENTION DEFICIT DISORDER

ADD is often recognised in males, for example, the rambunctious little boy jumping on tables. But the symptoms in girls can be subtle and easy to misinterpret. As a result, many a girl grows into adulthood with never a mention of ADD.

The girl with an attention deficit disorder may be quiet, gazing at her teacher with what looks like attention, when her thoughts are off in daydreams. She may be a tomboy, or a chatterbox. She may worry about assignments and try hard to do her work, but disorganization overwhelms her, often

masking her intelligence.

As adults, women suffering with ADD may be 'supermoms' – high achievers who seem to have their lives in perfect order, or they may have mood swings, occasional depression, mental exertion, or inability to complete tasks.

Everybody can be hyperactive at times, but when it is the rule, and a person has been that way all his or her life, then it could be ADD. They need help, sometimes medication, but more important still, they need to learn the tools to structure their thoughts and activities. (TOI : 21.02.2000)



THE JOURNEY WITHIN

There is a new stress panacea on the horizon which goes by the name of kinesiology.

Consulting specialised Kinesiologist Anand Tendolkar, who operates from his own centre (Anand Centre for Personal Growth and Wellbeing) recently launched a new workshop called the Journey Within. It is basically a journey to help a person get in touch with himself and identify two things: What is it that he wants from life and what is keeping him from getting it.

In specialized kinesiology, muscles are used as a key to determine stress levels. As individuals, the body is used as a biofeedback machine- where there is stress, the muscles are weak, where there is no stress, they are strong. The facilitator helps you identify exactly where the stress lies; in the conscious, subconscious or cellular levels of the body 'For example,' elucidates Tendolkar, 'under your surface anger

in a particular situation, there might be fear of a circumstance or person. And beneath the fear there could be the underlying insecurity that no one loves you.' So what the course entails in real terms is the gradual unpeeling of layers, an uncovering and removal of road blocks that are identified through guided healing and meditation Shradda Saxena (TOI:20.01.2000)



HEALTH NEWS

Separating Facts from Fiction TRUE or FALSE?

- ◆ Oat bran lowers cholesterol. ◆ Sugar causes hyperactivity
- ◆ Coffee causes cancer.

If you've based your answers on what you've heard in the media, you will probably answer true to all of these. Yet, oat bran only helps to lower cholesterol if coupled with a low fat, high fibre diet. Sugar has been found to have more of a calming effect than a hyperactive one. And, coffee has never been proven to actually cause cancer. In fact, it is extremely difficult to control for all of the other lifestyle factors involved in this disease. Let's face it, health news and hot new findings can also create false hopes and unfounded fears for health-conscious readers. How do you really know what to believe? Well, ask yourself the following questions the next time you witness a health report.

1. Who is the author? Does the author cite authorities? If the health claim involves food, the author should have an educational background in nutritional sciences. Reliable information comes from field experts.
2. Are the new findings the result of one single study? Is this the first study to show this result? It takes many

years of research and multiple studies to draw credible conclusions. Don't change your lifestyle on the basis of a single report.

3. Do recognised health organisations endorse the findings? Look for statements issued by the Cancer Association, Heart and Stroke Association or Dieticians and Nutritionists Association to see whether they support or refute these new findings.

If very little detail is provided on the study, keep the following practical suggestions in mind. They just may help you to separate facts from fiction.

Be skeptical. Don't be too quick to believe in miracles. Beware of warning signs like, "thousands of people say", or "many groups claim". These claims are not founded in science.

Not all headlines apply to you. Preliminary findings are early findings, and most useful to researchers working in the field, not the general public.

Be leery of studies designed to sell a product. Truth can be embellished by those seeking profit. Be aware of media literacy. Editors may substitute boring words like "suggests" or "may", in favour of more dramatic headlines like "proves" or "causes".

Use common sense. It has been found that heart attack rates are higher in countries with telephones. But that doesn't mean that phones actually cause heart attacks.

In summary, science is slow and steady and not a series of "dramatic breakthroughs". So don't go changing your daily habits until you have identified the "truth" in health news. If

you need further assistance, contact your local public health care provider.

Anita Romaniw, B.A.Sc., R.D.N., (Woman Today magazine: 15.02.2000)



FOODS THAT HELP TO FIGHT PAIN

Grandmother perhaps did know best when it came to doling out remedies from the kitchen for various ailments. Researchers are now confirming some of those remedies as well as adding to it, to show how foods can help overcome various problems. Dr Neal Barnard, president for the Physicians Committee for responsible medicine, in his book, 'Foods that fight pain', gives a guide to just the right foods that can soothe everyday ailments as well as cure chronic pain.

Ginger, commonly used by ayurvedic practitioners, can help prevent migraines and coffee at times can cure them. Rice can calm your digestion and sugar can make you more sensitive to pain.

Among the contributors to pain could be a surprising number of chemicals present either in foods, in the air or at the workplace. For instance monosodium glutamate found in Chinese food, causes headaches and a feeling of tightness around the face in one out of three persons. Aspartame, the artificial sweetener, is implicated in some headaches. It has a chemical that can cause brain damage in some individuals.

Certain foods are known to have cholesterol-lowering properties such as oat, Soya products, garlic and walnuts. Some others can even reduce the damaging effects of cholesterol: these are orange-coloured vegetables such as carrot, sweet potatoes and pumpkins, which are rich in beta-

carotene, grains, vegetables and beans which are rich in Vit. E, and citrus fruits. (The Sunday Times, 2nd April 2000)

HOMEOPATHY CAN TACKLE CORONARY ARTERY DISEASE

Coronary bypass is a surgical procedure, which is recommended to patients with major blockages in the coronary artery system of the heart. A section of the patient's leg vein is used to bypass a partial or complete blockage in the coronary-artery system.

In a recent study at the University of Southern California, it was found that bypass surgery, in many cases, might actually increase the rate of blockages in the arteries than if they had been left alone.

At best, coronary bypass surgery relieves symptoms rather than deals with the cause of the coronary artery degeneration. It temporarily relieves pain and in 20 per cent cases, increases life span more than what could have been achieved by drug regime.

There are better chances for the patient, however, if homeopathic treatment is taken. Homeopathy treats the whole person and not just the symptoms. It considers emotional, mental and physical aspects of every case. Each person is treated differently because even though they are suffering from the same disease, each one is different. When bypass surgery is performed, the person may feel better but the cause still persists. Homeopathy can deal with the cause as it deals with the conceptual totality of the patient's symptoms. (The Economic Times, 6th March, 2000)



START WITH SELF

'You sweat too much blood for the world, 'Leo Tolstoy told a zealous reformer one day. 'Sweat some for yourself first. If you want to make the world better, you have to be the best you can.'



THE MIRACLE OF LIGHT

Edison discovered electricity. But it did not happen overnight!

To find a fibre to burn inside the bulb, he experimented with other 2000 items. One of his friends traveled 2300 miles to the source of the river Amazon, in search of a suitable fibre. Another traveled 30,000 miles through China and India. Yet another went to Japan. Edison spent \$100,000 on this experiment before success smiled on him. We owe the miracle of light as much to his perseverance as to his genius.



WHEN OPPORTUNITY KNOCKS

Success often comes thanks to a lucky break. Such luck is often just being ready when opportunity knocks.

Kapil Dev never missed a cricket match at the Chandigarh stadium. He used to watch a match almost daily as he had a passion for cricket. One day a player was missing and Kapil volunteered to substitute him. He was only 13 years old. From that day there was no looking back. Kapil became a world-renowned international player.



KEEP GOD OUT

A tailor took the measurements of the holy man who needed to get a suit made. 'When will it be ready?' said the holy man. 'In a week's time, if God wills,' replied the tailor. The following week, the holy man sent a disciple to collect the suit. It was not ready. 'If God wills, it will be ready tomorrow,' the tailor said. The same answer was given the following day and for many days after. Finally the holy man said to his disciple: 'Go and ask the tailor when the suit is likely to be ready if God has no say in the matter.'



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